

THE SELF DETERMINATION THEORY AND PHYSICAL THERAPY: FROM RESEARCH TO CLINICAL RECOMMENDATIONS

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PLENARY SESSION PROPOSITION

Purpose and relevance: The self-determination theory (SDT) is uniquely placed among theories of human motivation to examine the differential effects of qualitatively different types of motivation that can underlie behavior. SDT may provide insight into reasons why patients with schizophrenia adopt and maintain certain health behaviors. The purpose of this presentation is to offer scientific evidence for the use of SDT within physical therapy for patients with schizophrenia. General recommendations will be discussed.

Description and evaluation: A total of 129 patients (44♀) with schizophrenia filled in the Behavioral Regulation in Exercise Questionnaire-2 (BREQ-2) and the International Physical Activity Questionnaire (IPAQ). Our data show significant positive correlations between the total IPAQ score and the BREQ-2 subscales amotivation ($r=-0.44$, $p<0.001$), external regulation ($r=-0.27$, $p<0.001$), and autonomous regulation ($r=0.57$, $p<0.001$). Outpatients reported more external ($p<0.05$) and introjected ($p<0.05$) regulations than inpatients. **Conclusions:** Our results suggest that the level of self-determination may play an important role in the adoption and maintenance of health promoting behaviors in patients with schizophrenia.

Implications: Clinical practice guidelines that seek to increase self-determined types of motivation might be of added value in the treatment of patients with schizophrenia.

Keywords: physical therapy, self-determination, schizophrenia